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Expert Opinion

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Daily Disposable Contact Lenses

Lentes de descartediário

Lentes desechables diarias

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ABSTRACT

The goal of this work is to supply ophthalmologists with information on daily disposable contact lenses. There are many benefits to daily disposable contact lenses, but these lenses may result in complications if not used correctly.

RESUMO

O objetivo deste trabalho é fornecer ao oftalmologista informações sobre Lentes de Contato de Descarte Diário. Pode-se enumerar varias qualidades do descarte diário das lentes, todavia elas podem causar complicações se não utilizadas corretamente.

RESUMEN

El objetivo de este estudio es proporcionar información sobre las lentes de contacto oftalmólogos eliminación diaria. Uno puede enumerar varias cualidades de lentes desechables diarias, pero pueden causar complicaciones si no se utilizan correctamente.

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In a time in which many people are on the lookout for more practical products that make their lives easier with fewer health risks, daily disposable contact lenses (CLs) are a viable option.

People choose disposable products for many reasons. In Japan, 83 patients who had changed from frequent replacement lenses to daily disposable lenses were interviewed to determine the reason for their choice[1]. The vast majority (95.7%) reported preferring daily disposable lenses because they were practical, 78.6% reported that the disposable lenses were more hygienic, 64.3% said they were more convenient for traveling, and 57.1% said to have chosen them because they involved less use of additional products and accessories. Some patients reported an improvement in ocular symptoms, an assertion that was, in fact, observed in this group's eye exams. There were fewer complaints of dry eye (from 30.1% to 18.1%) and of superficial punctate keratitis (from 26.5% to 9.6%)[1].

The number of daily disposable CL prescriptions has also been increasing. In 2014, they represented 27.1% of adapted soft lens prescriptions in the United States[2].

There are many benefits of daily disposable CLs:

-Lenses undergo physical changes over the course of their use. It is known that their diameters decrease as a result of eye temperature, a process that may affect their clinical performance[3]. When lenses are frequently replaced, all of these changes are minimized.

-Studies using optical coherence tomography (OCT) have shown[4,5] that variations in cornea parameters resulting from daily disposable CL use are very mild. Changes in thickness and the central curvature of the cornea were not enough to cause visual symptoms[4], however, lacrimal meniscus volume was significantly lower, which may cause dry eye symptoms[5]. In an analysis of 1171 daily disposable CL wearers, there was a significantly lower incidence of superficial punctate keratitis compared with the frequency reported among extended lens wearers[6].

- Daily disposable lenses are thinner because of their greater oxygenation. In addition, vision is improved because the lenses are better able to adhere to the eye, thus preventing undesired rotations particularly in the case of toric lenses[7].

-There are many brands and styles of daily disposable CLs.

-When new lenses are used each day, impurities do not build up. This results in more comfort for the CL wearer [8].

-CL infections still exist, despite the availability of disinfectant solutions. Mela et al[9] isolated fungi from 10.2% of 117 CL cases used to store soft lenses. Daily disposable lenses eliminate the need for a sanitation routine and provide patients with both a few extra minutes a day and a sterile lens every day.

-They are useful in certain situations such as social events and while playing sports. There are also occasions that require more practicality, such as vacations, days at the beach, and involvement in water sports. There are reports that, after the holidays and long weekends, there is an increase in cases of eye infections caused by the improper use of CLs[10].

- Daily disposable CLs are an excellent substitute for glasses among children and adolescents. In a study on the quality of life among teenagers requiring corrective lenses, CL wearers were found to have a higher quality of life than glasses wearers[11].

Even with these benefits, daily disposable contact lenses may cause complications if not used correctly. When users insist upon using the lenses for longer periods than recommended, these same benefits have the possibility of becoming problems[12].

Technology works to prioritize health and convenience, but even these lenses require a proper consultation with an ophthalmologist and adequate guidance regarding their correct use.

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